

This program covers water safety and the duties and responsibilities of a lifeguard. This is not a lifeguard certification course, but a preparatory course for future lifeguards.

**Prerequisites:** (1) Swim front crawl for 25 yards continuously while breathing to the front or side, (2) tread water for 1 minute, and (3) submerge and swim a distance of 10-feet underwater. (Participants will be tested at first class.) To register for Session II, participants must have been enrolled in Session I. Session II participants will also assist lifeguards with drills and surveillance. □

**SESSION I (Beginner):** July 9-July 12

(Registration deadline: Thursday, July 5)

**SESSION II (Advanced):** July 16-19

(Registration deadline: Thursday, July 12)

**FEES:**□

**Session I** - \$75/4 days (includes instructional book, T-shirt, certificate, and daily snack)

**Session II** - \$50/4 days (includes certificate and daily snack)

**DAYS & TIME:** Monday-Thursday, 9 am-1 pm